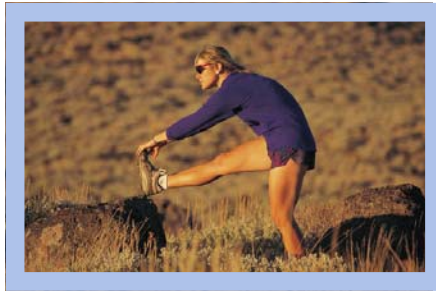


South Dakota State Plan for Nutrition and Physical Activity

To Prevent Obesity
and Chronic Diseases

2006 UPDATE



Summary of Key Activities Since the Release of the State Plan in April 2006



Burden of Overweight and Obesity

At the close of 2006, the prevalence of overweight and obesity continued to be on the rise throughout the nation and in South Dakota. Most recent data indicates a continued need for interventions to prevent and to help counteract this disease state.



The 2005 South Dakota (SD) BRFSS reported that adults between the ages of 45 - 54 saw a slight decrease in the percentage of overweight and obese, however the overall percentage of overweight adults has continued to increase from 53.0% in 1993 to 62.8% in 2005, which is slightly higher than the national average of 61.4%.

In addition to the increased percentage of overweight SD adults, the prevalence continues to rise in children. The 2005-2006 SD School Height and Weight data reports that children at risk of overweight have increased from 16.6% in the 2004-2005 school year to 16.9% in the 2005-2006 school year and from 16.4% in the 2004-2005 school year to 16.9% in the 2005-2006 school year for those overweight.

Furthermore, South Dakota continues to be affected by the three leading causes of death reported in 2005 heart disease, cancer, and cerebrovascular diseases, which are greatly contributable to overweight and obesity. The 2005 South Dakota Vital Statistics Report reported that heart disease accounted for 24.9% of state resident deaths in 2005, which decreased by 4.6% from 2004.



Parents & Caregivers

Resources were provided through Department of Social Services (DSS) Child Care Services, Department of Education (DOE) Child Adult Nutrition Services and Department of Health (DOH) Healthy South Dakota. Resources included newsletter articles and a variety of resources related to fruits and vegetables and physical activity.

A survey was developed by DSS to learn more about the pre-school environment. Baseline data will be collected to help determine the number of licensed child care programs that currently have a formal physical activity policy for the children in their care.

DOH also conducted focus groups to collect information related to nutrition and physical activity policy and environment in daycares. In turn, the information was utilized to develop a telephone survey to gather further detailed information to develop an appropriate intervention.

A group of Healthy SD stakeholders will be invited by Child Care Services to participate on a Task Force to develop physical activity standards for children birth to age five.

Furthermore, DOH will promote an awareness campaign in early 2007, "Fit from the Start", targeting parents and caregivers of pre-school children 2-5 years of age to encourage healthy food choices and physical activity.

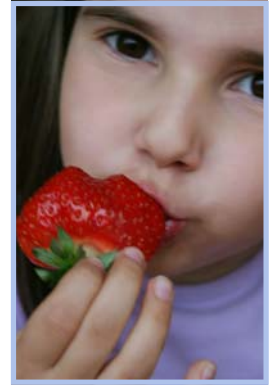


Schools & Youth Organizations

The departments of Education and Health are partnering with the seven Educational Service Agencies to develop a communication system that includes a school health contact in each public school district. This will enable sending notification of pertinent health information regarding nutrition and physical activity.

The DOE led the way in assisting schools to develop wellness policies that would meet the federal requirement and promote children's health and well-being.

Youth organizations provided nutrition and physical activity education and resources to students outside of the school day such as the Boys & Girls Club of Watertown using Triple Play curriculum at their five after-school sites. In addition, the Nyoda Girl Scout Council provided programs to preteen girls through Fit and Fun Guides with goals focused on Eat Right, Get Fit and Have Fun!

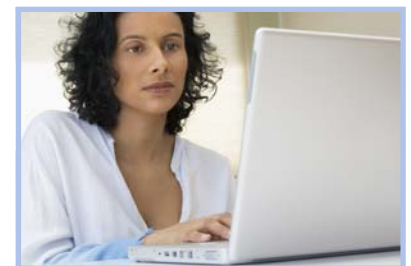


Grants to enhance programs for schools and youth organizations related to nutrition and physical activity were also provided through both DOH and DOE. In 2006, the DOH, Maternal and Child Health program funded 19 grants to promote physical activity and nutrition. In turn, the DOE, Team Nutrition program awarded 21 grants for Nutrition and Physical Activity projects.

Workplace

DOH trained 36 worksite wellness consultants to deliver technical assistance and resources to businesses statewide interested in implementing wellness programs. As of December 2006, nearly 50 worksites are establishing programming in their business or organization.

SDSU Cooperative Extension Services has been a key partner in promoting worksite wellness. Several extension educators are now trained as worksite wellness consultants and are assisting businesses implementing wellness programs.



DOH has taken the lead on developing a statewide data collection system to be used by worksites to collect information about their wellness programs that will assist in evaluating the impact of wellness programs and determine programming needs. These components will be implemented in 2007.

DOH secured additional funds from the National Governors Association with a focus on worksite wellness. With these funds, more consultants will be trained to serve worksites by implementing wellness programs. Funds will also be used to develop an additional tool that will allow worksites to obtain a quick analysis of their policy and environment related to nutrition, physical activity and tobacco.



Community

The South Dakota Park and Recreation Association has led the way to encourage programming and enhance safe and active environments for community members across the lifespan. Various cities throughout the state are working to provide unique activities and programs.

The South Dakota Department of Game, Fish and Parks, Division of Parks and Recreation provides Walks in the Park, recreation equipment for visitor check out and programs related to both nutrition and physical activity for their guests.

Various communities have helped to promote the state plan. Mitchell Parks and Recreation schedules activities for families to encourage family meal times and/or make healthy meal choices available at facilities provided. The Rapid City Pioneering Healthier Communities project promotes their “Walking School Bus” and “Kids Day Family Fun Run, Walk and Wheel” and the Rapid City Parks and Recreation “Kids Triathlon”. Madison Parks and Recreation also partnered with local daycare providers to offer indoor playground during winter season.

In addition, the www.healthysd.gov website continues to offer creditable nutrition and physical activity information for all ages. The site now averages 50,000 hits per month. Three online Healthy Challenges were offered in 2006 with a total of 170 teams plus 896 individuals participating.

Health Care

DOH developed *A Clinical Toolkit for Healthcare Providers* to make it easier for South Dakota primary care providers to address the obesity epidemic with their patients. Distribution in collaboration with the SD Medical Association started the end of 2006.

Sylvia Moore, Assistant Dean at the University of Washington School of Medicine and Director of WWAMI at the University of Wyoming, provided Grand Rounds in Family Practice and Internal Medicine on obesity topics. Internal Medicine Grand Rounds were broadcast to 15 sites statewide. Nutrition professionals also presented at statewide dietitian meetings, which addressed obesity topics.



Sanford Medical School evaluated core competencies in obesity prevention, assessment of weight status, and weight management in their curricula.

Breastfeeding rates continue to increase for the state. Breastfeeding initiation rates now meet the Healthy People 2010 goal and lactation consultants are increasing statewide.

For more information or to obtain a copy of the plan, contact the South Dakota Department of Health at (605) 773-3737 or refer to www.healthysd.gov.

2,000 copies of this document were printed by the South Dakota Department of Health at a cost of \$.27 per copy.